

28-Mile Challenge for Heart Month in February FAQ

Got Questions? We've Got Answers!

Check out our FAQs below for the **28-Mile Challenge for Heart Month**. If you don't find your answer here, drop a comment  and we'll get back to you ASAP!


Q: How does this work?

A: This is a virtual challenge supporting the American Heart Association! Join our community in taking on 28 miles your way this February, during Heart Month, to raise awareness and fund lifesaving research, advocate for healthier communities, improve patient care, and work for equitable health for all people.


 **Share your fundraiser with your Facebook friends and ask them to support our mission! Fundraise now through February 28. Get started here:**

 **Join us in Messenger to get your Digital Challenge Tracker, earn your Challenge Badge when you start a fundraiser and raise \$5 or more, as well as receive challenge updates, coaching, and more:**

Q: How do I share my Facebook Fundraiser on Instagram?

A: It's easy! Just visit your fundraiser page (link below) and click "Share". Then, select "Share to your Instagram story" to get started today! 

Q: When and how do I log my miles?


A: Log your miles using our Digital Challenge Tracker (link below) or your preferred activity tracking app or method.  Track your progress from February 1-28:

You can do your activity virtually with a friend or solo, and at your own pace and level of comfort.

Q: Can I do a different activity?


A: Yes! Make this challenge your own and get involved at your own level of comfort this September. Choose to move in any way that feels right for you — it all counts! Movement looks different for everyone, so here are some fun ideas that might suit your interests:

 **Walk your dog (or a friend's!)** – Every mile counts.




 **Playtime with pets or kids** — Running, chasing, or playing catch counts!

 **Stair challenges** — Skip the elevator and climb your way to your goal.

 **Chores with a twist** — Gardening, sweeping, or mopping with energy can all add up.

 **Rollerblade, skateboard, or scooter** – Bring out your inner kid!

 **Wheelchair rolling** – For wheelchair users, every push forward counts.

Choose the same activity each day or mix it up throughout the month. Set personal goals, be creative, and enjoy the journey!   

Q: What if I started a Facebook fundraiser for the American Heart Association, but not specifically for the challenge?

A: No worries! You can end your previous fundraiser by clicking the three dots icon on your fundraiser page and selecting "End Fundraiser", then "Delete Fundraiser".

Tip: If you create a new fundraiser for the challenge, your efforts will be tracked and attributed directly to this event. All funds raised will support the American Heart Association! 

Thank you for being part of this amazing challenge community! We can't wait to see the incredible progress you'll make while supporting the American Heart Association. Let's do this together! 